Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover
TRAUMA- INFORMED CARE: A CHANGE IN PERPSECTIVE

William Kellibrew IV, Consultant

SAMHSA/NASMHPD

National Center for Trauma-Informed Care

Promoting Alternatives to Use of Seclusion and Restraints through Trauma Informed Practices
TRUST is the first casualty of early abuse.”

Betsey McAllister Groves
Harvard Professor
Victimization

Loss of safety

Shame

Humiliation

Guilt

Loss of Hope

Isolation

Loss of Value
July 2, 1984

Youngest brother at six being consoled by neighbor.

Photo by Bill Snead – The Washington Post
Unhurt?

3 Killed in Capitol Heights Shooting

Parolee Turns Gun on Woman, Boy, Self

By Eugene L. Meyer
Washington Post Staff Writer

A 43-year-old Alexandria man, paroled last November from a Virginia prison where he had been serving a sentence for murder, fatally shot his girlfriend and her son yesterday at their Capitol Hills home and then killed himself, according to Prince George’s County police.

Friends and neighbors of Jacqueline Kelli-brew, 30, who was killed along with her 13-year-old son, Anthony Cephas, described her relationship with Marshall Brent Williams as violent and stormy. They said he had repeatedly assaulted her and that police had been called to the house on several occasions.

Carrie West, a neighbor with whom Kellibrew spent her final hours, said that at about 9:30 a.m., a few minutes after Kellibrew left

By Eugene L. Meyer – The Washington Post
Grandfather triggered and shoots next door neighbor

Slain Woman’s Father Accused of Shooting Neighbor

By Eugene L. Meyer

The father of a Capitol Heights woman slain Monday morning in a double murder and suicide was charged with assault with a deadly weapon yesterday after he allegedly shot a neighbor in a dispute over a parking spot for the undertaker who had come to discuss funeral arrangements.

Police allege that Jack Mitchell, 58, of 1332 Levis St. NE, shot Leland Thomas, 49, who lives in a basement apartment at the same address, after Thomas refused Monday evening to relinquish a parking space for the hearse that the undertaker was driving.

The hearse drove off before the shooting.

By Eugene L. Meyer – The Washington Post
July 4, 1984

Re-traumatized and triggered at family picnic
Traumatic Reminders and Coping

5th Grade
hypervigilant, aroused, avoidance
dissociation, bed wetting increased (bullied)
youngest brother made to sit under the teacher’s
desk for “acting out”

6th Grade
warning signs present in creative writing class
made to sit at the front desk with teacher without
understanding why, forced to grow up (matchbox
cars)

7th Grade
bullying got worse, isolation increased, dissociation
suicidal attempts and ideation
- Assistant Principal’s office was a safe place
  Mr. Charles C. Christian
- Grandmother responded by involving Children’s Hospital during suicide attempt
- Hospitalised for the first time – road to recovery begins
- First-ever therapist – social worker
  Ms. Christine Pierre was creative, compassionate and eager to listen and help
Thank You

Thank you, Thank you, Thank you, Thank you.
Self-Care

Whose mask will you put on first?
Self-Care

Barrier or Pathway?
Trajectories are different
Expectations

“Low expectations from a child’s teacher can cause a child to fail.

Low expectations from a parent can crush a child’s soul.”

Dr. William “Bill” Cosby
Expectations

What about our own expectations for ourselves?

Do we feel well when we start our day?

Barrier or Pathway?
Healing and Recovery

Do we believe recovery is possible?

Are we sincere, genuine and compassionate?

“Children see the truth directly.”

Dr. Richard Mollica
Healing Invisible Wounds
13 Years - Family Therapy
1993

P.S. Don't write back until I know where you'll be. Tell Daddy and Fredine, I said hi.

Your brother,
Brett, Brett

I really hate where I am because they are discriminating against me. Everyone of my peers know I don't know me or how I feel and I'm really afraid they might find out. Staff here are always watching me and then I don't know whom I can talk to. I have to make it so obvious. I'm not the only one who feels this way. Anyway it's Lern and you are always watching me. Right? Are you two together now?

The prosperous future.
Resiliency

The ability to bounce back or recover from adversity, illness, depression, etc.
Resiliency

What are we bouncing back to?
Resiliency

Wellness and well-being is key.
Resiliency

Wellness and well-being is key.
Resiliency


Administration For Children and Families
Administration on Children, Youth and Families
U.S. Department of Health and Human Services
Task Force to Prevent Violence
Domestic Violence, Sexual Assault, Stalking and Teen Dating Violence
White House
‘Champion of Change’
US-UK Delegation for Official Arrival of Prime Minister David Cameron at WH
Supporting Communities
Passion
“Rebuilding a life after trauma *can* and *will* be difficult, but with support and services from the professional community, school and my family, I was given tools to help save my own life."

-William Kellibrew, IV

Survivor
“If we can reach one person we may impact many.”

(Unknown)
“To the world we may be one person, but to one person we may be the world.”

(Unknown)
Twitter: @willkelli
Facebook: William Kellibrew